

# Mental Health Resource Guide

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for the Bleeding  
Disorders Community

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“Because mental health  
is just as important as physical health.”

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MENTAL  
HEALTH  
MATTERS  
TOO®

[www.MentalHealthMattersToo.com](http://www.MentalHealthMattersToo.com)

# Mental Health Hotlines

## **Crisis Text Line**

crisistextline.org  
Text HOME to 741741

## **JED Foundation (Teens, Young Adults)**

jedfoundation.org  
Text START to 741741  
800-233-TALK

## **National Domestic Violence Hotline**

thehotline.org  
800-799-SAFE

## **National Suicide Prevention Lifeline**

suicidepreventionlifeline.org  
988

## **Trevor Lifeline (LGBTQ)**

thetrevorproject.org  
866-488-7386

## **Veterans Crisis Line**

VeteransCrisisLine.net  
800-273-TALK (8255) Press 1  
To chat, Text 83825



**Crisis hotlines are not just for people who are feeling suicidal. They are set up to help anyone struggling with personal issues. There are a number of reasons to reach out:**

- Feeling lonely
- Struggling with the demands of living with a chronic condition
- Feeling overwhelmed
- Engaging in self-harm behavior
- Recovering from abuse
- Wanting to talk to someone about your sexual orientation or identity
- Feeling hopeless or helpless

**It's OK To Not Be OK**



## **Contact Information**

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# Mental Health Information

NATIONAL COUNCIL  
for Mental Wellbeing

[www.thenationalcouncil.org](http://www.thenationalcouncil.org)

## **American Foundation for Suicide Prevention**

[www.afsp.org](http://www.afsp.org)  
212-363-3500

## **Attention Deficient Disorder Association**

[www.add.org](http://www.add.org)  
800-939-1019

## **Depression and Bipolar Support Alliance**

[www.dbsalliance.org](http://www.dbsalliance.org)  
800-826-3632

## **International Obsessive/Compulsive Disorder**

[www.iocdf.org](http://www.iocdf.org)  
617-973-5801

## **Jason Foundation (Teens, young adults)**

[www.jasonfoundation.com](http://www.jasonfoundation.com)  
615-264-2323

## **Jed Foundation (Teens, young adults)**

[www.jedfoundation.org](http://www.jedfoundation.org)  
212-647-7544

## **Mental Health First Aid**

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

## **National Alliance for Mental Illness**

[www.nami.org](http://www.nami.org)  
703-524-7600

## **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)  
866-615-6464



[www.mhanational.org](http://www.mhanational.org)

## **National Association of Anorexia Nervosa**

[www.anad.org](http://www.anad.org)  
630-577-1330

## **National Child Traumatic Stress Network**

[www.nctsn.org](http://www.nctsn.org)  
310-235-2633

## **National Center for PTSD**

[www.ptsd.va.gov](http://www.ptsd.va.gov)  
802-296-6300  
Email: [ncptsd.va.gov](mailto:ncptsd.va.gov)

## **National Institute of Alcohol Abuse**

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
301-443-3860

## **National Institute of Drug Abuse**

[www.drugabuse.gov](http://www.drugabuse.gov)  
301-443-31124

## **Postpartum Support International**

[www.postpartum.net](http://www.postpartum.net)  
800-944-4773

## **Substance Abuse and Mental Health Services (SAMHSA)**

[www.samhsa.gov](http://www.samhsa.gov)  
877-SAMHSA7

## **Schizophrenia/Related Disorders Alliance**

[www.sardaa.org](http://www.sardaa.org)  
240-423-9432



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# Info & Referral for Mental Health Care



## **Substance Abuse and Mental Health Service Abuse: Treatment Locator**

[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)

Find information on mental health counseling, substance abuse services, healthcare centers and veteran affairs



## **Psychology Today**

[www.psychologytoday.com](http://www.psychologytoday.com)

Locate local mental health therapists and psychologists



## **United Way**

[www.211unitedway.org](http://www.211unitedway.org)

Find information on counseling, inpatient/outpatient mental health services, and residential treatment centers



Depression and Bipolar Support Alliance

## **Depression and Bipolar Support Alliance**

[www.dbsalliance.org](http://www.dbsalliance.org)

Locate in-person support groups for those living with depression or bipolar disorder and discover how to join an online network of parents of affected individuals



## **National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)

Find information on support groups for those living with a mental health condition and their family members



## **Better Help**

[www.betterhelp.com](http://www.betterhelp.com)

Online access to sessions with licensed mental health professionals



## **Talk Space**

[www.talkspace.com](http://www.talkspace.com)

Text messaging therapy with licensed mental health professionals



## **Teen Counseling**

[www.teencounseling.com](http://www.teencounseling.com)

Therapy sessions for teens can take place online, text and/or by phone



## **Give An Hour**

[www.giveanhour.org](http://www.giveanhour.org)

Provides free and confidential mental health care to veterans and their family member



## **Cerebral**

[www.cerebral.com](http://www.cerebral.com)

Online prescriber visits, care counseling and prescriptions delivered to your door

# Bleeding Disorder Resources

## Bloodstream Podcast

[www.bloodstreampod.com](http://www.bloodstreampod.com)

The Bloodstream Podcast, hosted by Patrick James Lynch CEO of Believe Limited, takes a 360-degree look at the bleeding disorders community. In addition to relevant news, interviews and informed opinions, the podcast now includes a monthly mental health segment.

## Coalition for Hemophilia B

[www.hemob.org](http://www.hemob.org)

The Coalition for Hemophilia B connects patients with hemophilia B and provides a sense of community, support and knowledge.

## Gut Monkey

[www.gutmonkey.com](http://www.gutmonkey.com)

Gut Monkey offers unique adventure-based programs geared to empower and improve the resilience of those living with a bleeding disorder.

## HOPE for Hemophilia

[www.hopeforhemophilia.org](http://www.hopeforhemophilia.org)

Since its inception in 2009, HOPE for Hemophilia has been helping people with hemophilia in many facets of their lives including financial assistance, peer support and educational events.

## Steps for Living

[www.stepsforliving.hemophilia.org](http://www.stepsforliving.hemophilia.org)

Steps for Living is a service of the National Hemophilia Foundation which provides information on the physical and psychological aspects of living with a bleeding disorder across all life stages.

## Hemophilia News Today

[www.hemophilianewstoday.com](http://www.hemophilianewstoday.com)

News forum which connects people with hemophilia on a variety of topics



**NATIONAL HEMOPHILIA FOUNDATION**

*for all bleeding disorders*

## National Hemophilia Foundation

[www.hemophilia.org](http://www.hemophilia.org)



## Hemophilia Federation of America

[www.hemophiliafed.org](http://www.hemophiliafed.org)

# Raising Awareness and Decreasing Stigma

The mission of the following organizations is to normalize the conversation about mental health, decrease the stigma around it and encourage everyone to talk about it in a healing manner. The websites contain relevant resources on mental health care and how to get involved with promoting awareness.

## Bring Change To Mind

[www.bringchange2mind.org](http://www.bringchange2mind.org)

Bring Change to Mind was co-founded by Glenn Close. The organization strives to reduce the stigma around mental illness by raising awareness and encouraging a healing dialogue about it. It's OK to Say encourages others to talk openly about mental illness and share their story of hope and recovery.

## No Shame On U

[www.noshameonu.org](http://www.noshameonu.org)

No Shame On U is dedicated to breaking the stigma of mental illness through education and support.

## This Is My Brave

[www.thisismybrave.org](http://www.thisismybrave.org)

The mission of This Is My Brave is to bring stories of mental illness and addiction out of the shadows and into the spotlight.

## Mind Up

[www.mindup.org](http://www.mindup.org)

Mind Up is a signature program of the Goldie Hawn Foundation created to develop mental fitness and resilience in children.

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***“ I will never understand why every organ in your body gets support and sympathy when it is ill, except for the brain.”***

# Mental Health Apps

## **Calm**

[www.calm.com](http://www.calm.com)

A collection of meditation techniques for sleep and stress reduction.

## **Headspace**

[www.headspace.com](http://www.headspace.com)

A meditation app containing mindful techniques which have been clinically validated to improve health and create personal happiness.

## **Talkspace**

[www.talkspace.com](http://www.talkspace.com)

Endorsed by Michael Phelps, world champion swimmer, Talkspace is an app which connects therapists and clients through messaging on a smart phone. The service is designed to provide counseling to teens and adults.

## **Curable**

The Curable App utilizes the latest developments in pain science and puts the information in easy-to-understand techniques to reduce chronic pain.

# Suggested Reading

## **Rewire Your Anxious Brain**

Catherine M. Pittman and Elizabeth M. Kale

New Harbinger Publications, Inc

## **The Mindfulness And Acceptance Workbook For Self-Esteem**

Joe Oliver and Richard Bennett

New Harbinger Publications, Inc

## **Don't Feed the Monkey Mind**

Jennifer Shannon, LMFT

New Harbinger Publications, Inc

## **The Anxiety Survival Guide for Teens**

Jennifer Shannon, LMFT

New Harbinger Publications, Inc

## **How to Stop Feeling So Damn Depressed**

Jonas A. Horwitz, PhD

New Harbinger Publications, Inc

## **The Relaxation and Stress Reduction Workbook, 7th Edition**

Martha Davis, Ph.D./Elizabeth Robbins Eshelman, MSW/Matthew McKay, Ph.D.

New Harbinger Publications, Inc.

FROM BELIEVE LIMITED & MENTAL HEALTH MATTERS TOO

SUPPORTED BY SANOFI GENZYME

A NEW FILM BY AND FOR THE BLEEDING DISORDERS COMMUNITY

**LET'S TALK.**



Supported By:  
**SANOFI GENZYME**

## Five Stories, One Theme: Mental Health Matters Too

Believe Limited set out to start a candid conversation about the physical and emotional challenges of life with a bleeding disorder. Five community members agreed to participate, fully, and the resulting narrative has come together in Believe Limited's latest film, Let's Talk.

While the various issues raised in Let's Talk may have been unique to the film's individual "characters," common themes became apparent. Each person was dealing with thoughts and emotions from the past, anticipating uncertainties in their future, and simply trying to live their best life in the present.

Let's stop pretending mental illness doesn't exist  
Let's stop the stigma that prevents getting help  
Let's normalize our shared experiences  
Let's help each other find strength

### Let's Talk

**T**ake an online, confidential mental health screening  
**A**sk for help  
**L**ook for resources  
**K**ick stigma out of the way

**It is OK not to be OK**